

# **Rules for North Hunterdon Basketball League**

## **Grades 5-6**

Updated 12-5-2006

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- 1. Games will not start until there is a parent (not coach) to sit at the scorers table and maintain the book. In addition, the rules must be available at the scorers table.**
2. The game will consist of four 8-minute quarters.
3. If the game is tied at the end of regulation, there will be a 4 minute overtime period. A tie will be awarded to each team if the score remains equal at the end of the overtime period. Team fouls carry over into Overtime
4. Player substitutions may be made at any clock stoppage during the game
5. All players must play at least ½ game. All players must sit for 4 minutes during the game
6. Backcourt defense will be allowed during the last 2 minutes of the 1st half and the last 2 minutes of the 2nd half. The referee will discuss with both coaches prior to the second and fourth quarters. With two minutes remaining, each team may begin playing full court defense
  - this will be a running change to the game. Backcourt defense will not be permitted at any other time during the game.Backcourt defense is allowed in overtime
7. In the event a team is defending in the backcourt (other than the times permitted), the official will issue one warning to both teams. If either team is called for playing backcourt defense after the warning, a technical foul will be issued to the offending team which will result in a free throw and the ball out of bounds to the other team.
8. Double-teaming is allowed.
9. Each player is allowed 5 fouls per game. When the player receives the 5th foul, he/she must exit the game and may not play for the remainder of that game.
10. The 5-second rule in the key is in effect.
11. Stoppage of the clock occurs with the following:
  - all fouls
  - all out of bound plays
  - any injury
12. The offensive team is allowed 10 seconds to get ball over half court.
13. 5 seconds for inbound plays.

14. 5 second rule in effect for holding the ball when player is not using dribble.
15. Passing from frontcourt to backcourt will result in a turnover, except in inbound passing.
16. Two 1-minute time outs will be allowed per half. Time-outs may be used at the coach's discretion and kept track of by the scorers table.
17. Overtime – Only ONE 1 minute is allowed during overtime. Unused timeouts are not carried over into overtime
18. Tip off at start of game. Possession arrow will determine who inbounds the ball for the 2nd, 3rd, and 4th quarters.
19. Alternating possession arrow in effect.
20. 3 point shots will be allowed.
21. A team must start with 5 players. In the event the 5th player fouls out of the game, with no additional players on the bench, the team can play with 4 players. If another player fouls out, leaving 3 active players, the team must forfeit. Additional players may be added to the roster, but must come from another team of a lower grade level. If a team cannot start the game with 5 players, it forfeits the game.
22. A ***Mercy Rule*** will be enacted any time a team is winning by 20 points or more. The leading team will not be able to double team and is ***expected*** to slow the pace and intensity of the game.
23. A 28.5 in ball will be used
24. Ten foot baskets will be used.
25. 1<sup>st</sup> Technical Foul during a game – Player is out for the remainder of the game and the next game. 2<sup>nd</sup> Technical during a game – Player is out for the rest of the game the next 2 games and playoffs.